

Raines suggests 16-hour
workday for lawmakers

By John C. Raines
 With a 16-hour workday, lawmakers could get more done, says Sen. John Raines. The 16-hour day would be a "realistic" way to get more done in the same amount of time, he says.

PHILIPPINE DAILY INQUIRER

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Police releases PS-B
in road hands to subvert

By R. C. Limangco
 The Philippine National Police (PNP) has released a police officer, Police Sergeant (PS-B), who was arrested for allegedly subverting the police force.

Opposition loses another witness

But intel officer readied to back Zuce testimony



Substantive
 The opposition has lost another witness in its case against President Zuce. A police officer, Police Sergeant (PS-B), who was arrested for allegedly subverting the police force, has been released. The officer was readied to back Zuce's testimony.



'Witness Prevention Program' hit
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ARMM polls 'abnormally' peaceful

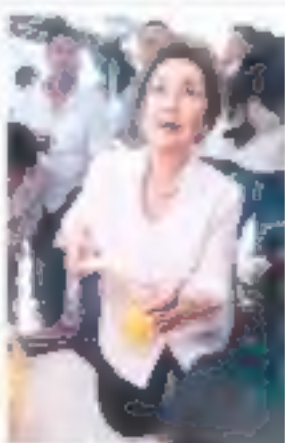
By R. C. Limangco
 The Autonomous Region in Muslim Mindanao (ARMM) has held its annual elections. The polls were described as 'abnormally' peaceful, with no major incidents reported.

Substantive
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Expert says federalism better for Bangsamoro

By R. C. Limangco
 An expert has said that federalism is a better option for the Bangsamoro region. The expert believes that federalism would provide more autonomy and stability to the region.



BURNING CANDLES
Susan, lawmakers pray for impeach signatures

By R. C. Limangco
 Susan, a lawmaker, is praying for signatures to impeach President Zuce. She is standing in front of a group of people who are also praying.



ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)



ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

ARMM polls 'abnormally' peaceful

By John S. Johnson
 ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

Shying for safe spaces

ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

Push for voter turnout

ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

Salute for peace

ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

Peace in high gear

ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

MNLF leaders ignore boycott call

By John S. Johnson
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ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

Subsequent call

ARMM residents are encouraged to vote in the upcoming polls. (AP Photo/John S. Johnson)

Peace in high gear

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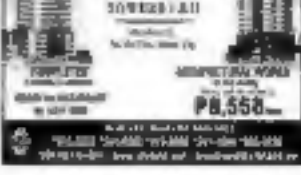
'Jueteng' out by Sept. 15 if Palace follows suggestions – Hagedorn

By Lito Lacsamana

THE PALACE may soon be able to get its hands on the "jueteng" (illegal gambling) industry, which has been a major source of revenue for the government since the late 1980s. President Gloria Macapagal Arroyo's administration has been pushing for the elimination of the industry, which has been a major source of revenue for the government since the late 1980s. The president's administration has been pushing for the elimination of the industry, which has been a major source of revenue for the government since the late 1980s.

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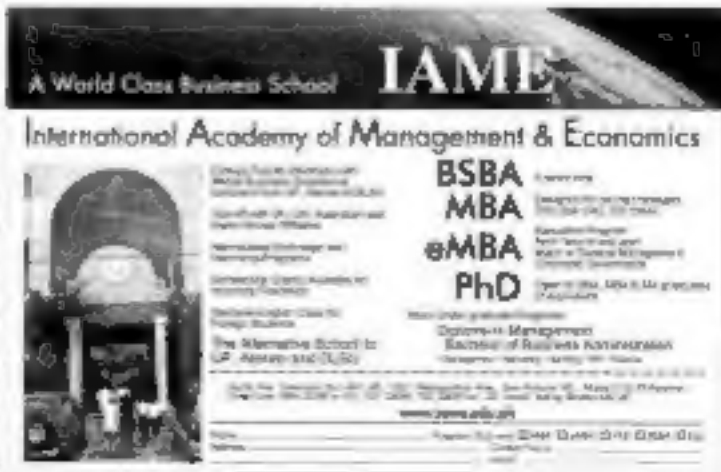
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The WORLD

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Japan PM to call election after defeat of postal bills

PRIME Minister Prime Minister Hashimoto will call an election for Sept. 11, to dissolve parliament and re-battle after parliament's rejection of postal bills, according to the prime minister's spokesman.

Hashimoto's decision to call an election was a surprise, given the fact that the prime minister has been in office for less than a year. He is the first prime minister to do so since 1992. The election will be held on Sept. 11, the same day as the general election for the House of Representatives. Hashimoto's decision to call an election was a surprise, given the fact that the prime minister has been in office for less than a year. He is the first prime minister to do so since 1992. The election will be held on Sept. 11, the same day as the general election for the House of Representatives.



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An atomic bomb mushroom cloud is seen from Nagasaki, Aug. 9, 1945, the day the city was bombed. The atomic bombing of Nagasaki was the second atomic bombing in Japan, following the bombing of Hiroshima on Aug. 6, 1945.

Japan Post: An entrenched and cash-rich political player

THE Japanese postal service, which has been a major political player for decades, is now being reformed. The postal service has been a major political player for decades, and its reform is a major political issue. The postal service has been a major political player for decades, and its reform is a major political issue. The postal service has been a major political player for decades, and its reform is a major political issue.

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Nagasaki stands firm 2nd nukie bombing was wrong

By Shigeo Ito

NAGASAKI, Japan (UPI)—The city of Nagasaki, which was the second city in Japan to be bombed by atomic bombs, stands firm in its opposition to a second bombing. The city of Nagasaki, which was the second city in Japan to be bombed by atomic bombs, stands firm in its opposition to a second bombing. The city of Nagasaki, which was the second city in Japan to be bombed by atomic bombs, stands firm in its opposition to a second bombing.

French packets helping Niger's starving children

By Michael O'Rourke

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100,000 South African gold miners strike

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Cruz no touch for Laeson

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Tensions

Figure 4.2



Age Group	High School	College	Graduate
18-29	~85%	~88%	~90%
30-49	~80%	~85%	~88%
50-69	~75%	~80%	~82%
70+	~70%	~75%	~78%

Picking track

The screenshot shows a web browser window with the address bar displaying "http://www.fox.com/". The page title is "Young Blood". The main content area features a large, bold heading "Young Blood" and a sub-heading "The New Blood". Below this, there is a list of names: "Jesse, Keri, and the rest of the cast". The page layout is clean and modern, with a white background and black text.

Young Blood

100

Subverting the Constitution

Dr. Lawrence



'The apostle of Moulana'

Trial	No feedback (%)	Feedback (%)
1	65	65
2	75	80
3	85	90
4	90	95
5	92	95
6	93	95
7	94	95
8	94	95
9	95	95
10	95	95

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The 'ifs' for RP to take off

LETTERS



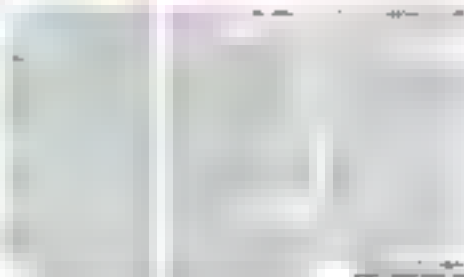
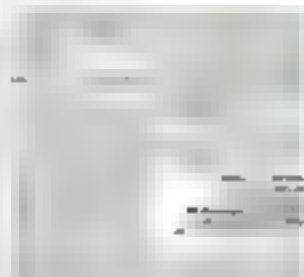
SPENCER: The 'ifs' for RP to take off
Answer: The answer is: Yes. The answer is: Yes.

By
Name
Address

1. State of the presidency

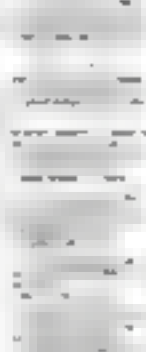
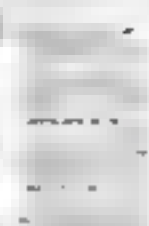
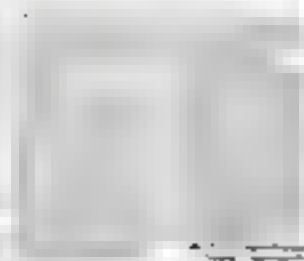
At the end of the
the 1994-95

On the 19th of 11



2. The state of the presidency

Non-unionized statement



NACIÓN

For more information, contact the author at shirley@shirleyandjohn.com.



300 Subic locators told to secure ECCs

Dr. Giovanni B. Rossi

www.mhhe.com/9780130352373

1.1A defers Pawan transfer to W. Virginia

Fig. 1. Average \pm SD.

Figure 1 consists of three panels, (a), (b), and (c), each showing the effect of 100% relative humidity on the growth of *E. coli* O157:H7. Each panel contains a line graph of log CFU/g vs. time (h) and a corresponding bar chart of log CFU/g at 24h.

- Panel (a):** TSA medium. The line graph shows a steady increase in log CFU/g from 0 to 24 hours, reaching approximately 8.5. The bar chart at 24h shows a single bar at approximately 8.5 log CFU/g.
- Panel (b):** TSA medium with 0.5% NaCl. The line graph shows a steady increase in log CFU/g from 0 to 24 hours, reaching approximately 8.5. The bar chart at 24h shows a single bar at approximately 8.5 log CFU/g.
- Panel (c):** TSA medium with 1.0% NaCl. The line graph shows a steady increase in log CFU/g from 0 to 24 hours, reaching approximately 8.5. The bar chart at 24h shows a single bar at approximately 8.5 log CFU/g.

Isulong ang kapasidad ng makapagmal.

**58° sa 63 Governors at 81° sa 88
Mayors ang sumusuporta
kay Pangulong Arroyo.**

Pagpapatunay ng ang mga programang magpapaligid sa bayan at sa kabuhtayan ng mamamayan ang penawagan ng kasakupan.

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At the time of the 1990 census, the population of the city was 1,100,000. The city is the largest in the state and is the center of the metropolitan area. The city is the largest in the state and is the center of the metropolitan area.

Ang mga Gubatniko at Mayor ang palang lalong
ng maagap na magkaroon. Dinakip ang mga
ng ulap. Sila ang bawat ng kanilang mga
nagaganap.

**Marshall Learning no ally's using
gainsmanship of television.**

Young tolerance wounded may be lost



UL LANG FILIPINO MOVEMENT



11月1日 星期三 晴

Source: Authors' survey, January 1998.

We have permit to cut trees, say Manila officials

By Tim O. Lozano

MANILA, Philippines — Manila officials have said they have a permit to cut trees in the city's central business district, despite opposition from environmental groups.

The city government said it has a permit from the Department of Environment and Natural Resources to cut trees in the city's central business district. The permit allows the city to cut trees that are in the way of new buildings and roads.

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PHOTO: AP/WIDEWORLD
A pile of cut tree branches and debris on the ground in Manila.

Police suggest ethics classes to fight cybersex

By Joseph L. D'Amico and Phil Spector

PHILADELPHIA — Police in Philadelphia are suggesting ethics classes for young people to help them resist the lure of cybersex. The police say that many young people are being lured into cybersex by strangers on the Internet.

Grenade hits Escorta pizza parlor, grudge angle eyed

By Peter H. Smith

PHILADELPHIA — A grenade thrown by a man in a pizza parlor in Philadelphia last night killed a man and wounded several others. Police are looking for the man who threw the grenade, and a grudge angle is being eyed.

Where's dad charged

PHILADELPHIA — A man charged with the murder of his father is being held in a Philadelphia jail. The man, who is 21 years old, is charged with the first-degree murder of his father, who was 55 years old.

Two major fiestas make for low tax collection

PHILADELPHIA — Two major fiestas in Philadelphia last month made for low tax collection. The city government said that the fiestas, which were held in the city's central business district, caused a significant drop in tax collection. The city government said that the fiestas, which were held in the city's central business district, caused a significant drop in tax collection.



The graphic shows a globe with several blue dots indicating locations around the world. The dots are located in North America, South America, Europe, and Africa.

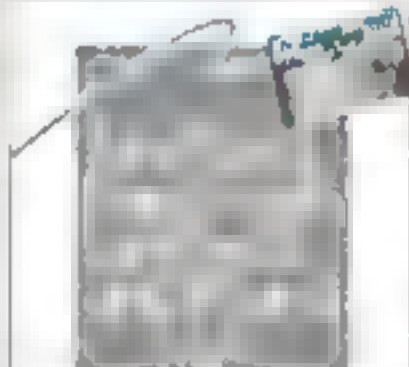


PHOTO: AP/WIDEWORLD
A man in a suit standing in front of a large building in Manila.

The man in the suit is standing in front of a large building in Manila. The building is a modern skyscraper with many windows. The man is looking towards the camera.



PHOTO: AP/WIDEWORLD
A man in a suit standing in front of a large building in Manila.

1. our Board, Officers

METHODS

[illegible]

2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024 2025 2026 2027 2028 2029 2030 2031 2032 2033 2034 2035 2036 2037 2038 2039 2040 2041 2042 2043 2044 2045 2046 2047 2048 2049 2050 2051 2052 2053 2054 2055 2056 2057 2058 2059 2060 2061 2062 2063 2064 2065 2066 2067 2068 2069 2070 2071 2072 2073 2074 2075 2076 2077 2078 2079 2080 2081 2082 2083 2084 2085 2086 2087 2088 2089 2090 2091 2092 2093 2094 2095 2096 2097 2098 2099 2100 2101 2102 2103 2104 2105 2106 2107 2108 2109 2110 2111 2112 2113 2114 2115 2116 2117 2118 2119 2120 2121 2122 2123 2124 2125 2126 2127 2128 2129 2130 2131 2132 2133 2134 2135 2136 2137 2138 2139 2140 2141 2142 2143 2144 2145 2146 2147 2148 2149 2150 2151 2152 2153 2154 2155 2156 2157 2158 2159 2160 2161 2162 2163 2164 2165 2166 2167 2168 2169 2170 2171 2172 2173 2174 2175 2176 2177 2178 2179 2180 2181 2182 2183 2184 2185 2186 2187 2188 2189 2190 2191 2192 2193 2194 2195 2196 2197 2198 2199 2200 2201 2202 2203 2204 2205 2206 2207 2208 2209 2210 2211 2212 2213 2214 2215 2216 2217 2218 2219 2220 2221 2222 2223 2224 2225 2226 2227 2228 2229 2230 2231 2232 2233 2234 2235 2236 2237 2238 2239 2240 2241 2242 2243 2244 2245 2246 2247 2248 2249 2250 2251 2252 2253 2254 2255 2256 2257 2258 2259 2260 2261 2262 2263 2264 2265 2266 2267 2268 2269 2270 2271 2272 2273 2274 2275 2276 2277 2278 2279 2280 2281 2282 2283 2284 2285 2286 2287 2288 2289 2290 2291 2292 2293 2294 2295 2296 2297 2298 2299 2300 2301 2302 2303 2304 2305 2306 2307 2308 2309 2310 2311 2312 2313 2314 2315 2316 2317 2318 2319 2320 2321 2322 2323 2324 2325 2326 2327 2328 2329 2330 2331 2332 2333 2334 2335 2336 2337 2338 2339 2340 2341 2342 2343 2344 2345 2346 2347 2348 2349 2350 2351 2352 2353 2354 2355 2356 2357 2358 2359 2360 2361 2362 2363 2364 2365 2366 2367 2368 2369 2370 2371 2372 2373 2374 2375 2376 2377 2378 2379 2380 2381 2382 2383 2384 2385 2386 2387 2388 2389 2390 2391 2392 2393 2394 2395 2396 2397 2398 2399 2400 2401 2402 2403 2404 2405 2406 2407 2408 2409 2410 2411 2412 2413 2414 2415 2416 2417 2418 2419 2420 2421 2422 2423 2424 2425 2426 2427 2428 2429 2430 2431 2432 2433 2434 2435 2436 2437 2438 2439 2440 2441 2442 2443 2444 2445 2446 2447 2448 2449 2450 2451 2452 2453 2454 2455 2456 2457 2458 2459 2460 2461 2462 2463 2464 2465 2466 2467 2468 2469 2470 2471 2472 2473 2474 2475 2476 2477 2478 2479 2480 2481 2482 2483 2484 2485 2486 2487 2488 2489 2490 2491 2492 2493 2494 2495 2496 2497 2498 2499 2500 2501 2502 2503 2504 2505 2506 2507 2508 2509 2510 2511 2512 2513 2514 2515 2516 2517 2518 2519 2520 2521 2522 2523 2524 2525 2526 2527 2528 2529 2530 2531 2532 2533 2534 2535 2536 2537 2538 2539 2540 2541 2542 2543 2544 2545 2546 2547 2548 2549 2550 2551 2552 2553 2554 2555 2556 2557 2558 2559 2560 2561 2562 2563 2564 2565 2566 2567 2568 2569 2570 2571 2572 2573 2574 2575 2576 2577 2578 2579 2580 2581 2582 2583 2584 2585 2586 2587 2588 2589 2590 2591 2592 2593 2594 2595 2596 2597 2598 2599 2600 2601 2602 2603 2604 2605 2606 2607 2608 2609 2610 2611 2612 2613 2614 2615 2616 2617 2618 2619 2620 2621 2622 2623 2624 2625 2626 2627 2628 2629 2630 2631 2632 2633 2634 2635 2636 2637 2638 2639 2640 2641 2642 2643 2644 2645 2646 2647 2648 2649 2650 2651 2652 2653 2654 2655 2656 2657 2658 2659 2660 2661 2662 2663 2664 2665 2666 2667 2668 2669 2670 2671 2672 2673 2674 2675 2676 2677 2678 2679 2680 2681 2682 2683 2684 2685 2686 2687 2688 2689 2690 2691 2692 2693 2694 2695 2696 2697 2698 2699 2700 2701 2702 2703 2704 2705 2706 2707 2708 2709 2710 2711 2712 2713 2714 2715 2716 2717 2718 2719 2720 2721 2722 2723 2724 2725 2726 2727 2728 2729 2730 2731 2732 2733 2734 2735 2736 2737 2738 2739 2740 2741 2742 2743 2744 2745 2746 2747 2748 2749 2750 2751 2752 2753 2754 2755 2756 2757 2758 2759 2760 2761 2762 2763 2764 2765 2766 2767 2768 2769 2770 2771 2772 2773 2774 2775 2776 2777 2778 2779 2780 2781 2782 2783 2784 2785 2786 2787 2788 2789 2790 2791 2792 2793 2794 2795 2796 2797 2798 2799 2800 2801 2802 2803 2804 2805 2806 2807 2808 2809 2810 2811 2812 2813 2814 2815 2816 2817 2

11

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10

α_n	β_n	α_n'	β_n	β_n'
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100



1998

[illegible]

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5

100

2

Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099
1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	

	1	2
1	1	2
2	2	1

Figure 1

1. **Identify the main idea** of the passage.

[illegible]

2000

[illegible]

Figure 1

born: 1960



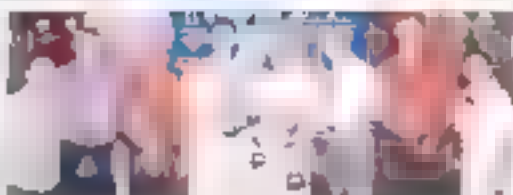
Valencia five nips Laguna Spring

Valencia's five-hole lead was enough to secure a victory over Laguna Spring in the final round of the 2014 PGA Tour's Volvo Golf Champions tournament.

The victory marked Valencia's second PGA Tour win, following his triumph at the 2012 PGA Tour's Sony Open in Hawaii. Valencia finished the tournament with a score of 14 under par, while Laguna Spring finished at 12 under par.

Valencia's victory was a significant achievement, as it marked his first PGA Tour win since 2012. The victory also secured Valencia's place in the 2014 PGA Tour's FedEx Cup playoffs.

Valencia's performance in the tournament was impressive, as he finished the tournament with a score of 14 under par. The victory was a testament to Valencia's skill and determination on the golf course.



Valencia's victory was a significant achievement, as it marked his first PGA Tour win since 2012.

Fernandez tops Inquipse, Maxwell golf

Fernandez's victory was a significant achievement, as it marked his first PGA Tour win since 2012. The victory also secured Fernandez's place in the 2014 PGA Tour's FedEx Cup playoffs.

Fernandez's performance in the tournament was impressive, as he finished the tournament with a score of 14 under par. The victory was a testament to Fernandez's skill and determination on the golf course.

Fernandez's victory was a significant achievement, as it marked his first PGA Tour win since 2012. The victory also secured Fernandez's place in the 2014 PGA Tour's FedEx Cup playoffs.

Farewells

SPRING



Valencia

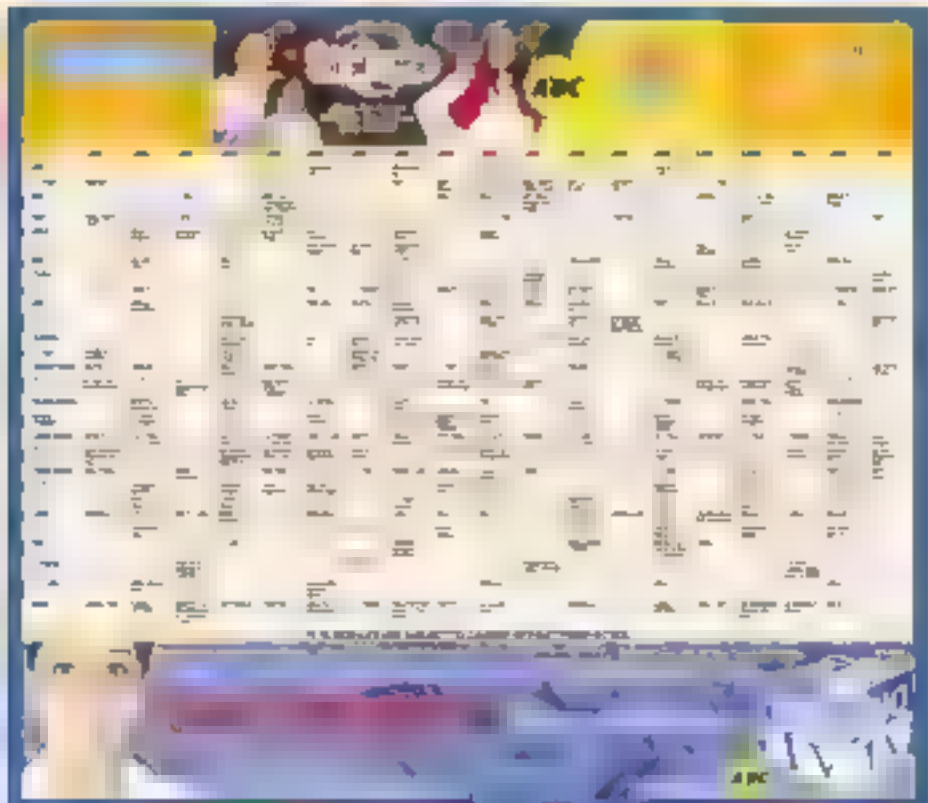
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Arrovo, Ochoa top Shell active chess

Arrovo, Ochoa top Shell active chess

Arrovo, Ochoa top Shell active chess

Luck rides

Luck rides

Albino, Cruz beat Asian Women's Boxing finals

Albino, Cruz beat Asian Women's Boxing finals

St. Clare ties NCU for lead

St. Clare ties NCU for lead

Crack wingmen, guards

Crack wingmen, guards



Pierce snares Acura crown

Gatlin posts biggest ever 100-m margin

Gatlin posts biggest ever 100-m margin

Gossen rules The International

Gossen rules The International

Gossen rules The International

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[illegible]

Table 1. Mean values of the variables measured during the 60-min test

	Mean ± SD	Range
Age (years)	27.9 ± 3.8	20–38
Height (cm)	178.5 ± 6.5	165–190
Weight (kg)	75.5 ± 10.5	55–100
BMI (kg m ⁻²)	23.5 ± 3.5	18–32
VO _{2max} (l min ⁻¹)	3.8 ± 0.4	3.0–4.8
VO _{2max} (ml kg ⁻¹ min ⁻¹)	50.5 ± 5.5	40–65
HR _{max} (beats min ⁻¹)	185 ± 15	160–200
HR _{mean} (beats min ⁻¹)	155 ± 10	130–180
HR _{peak} (beats min ⁻¹)	180 ± 12	160–195
HR _{rest} (beats min ⁻¹)	70 ± 10	60–85
ΔHR (beats min ⁻¹)	115 ± 15	90–140
ΔHR _{peak} (beats min ⁻¹)	110 ± 10	80–130
ΔHR _{rest} (beats min ⁻¹)	100 ± 12	70–120
ΔHR _{mean} (beats min ⁻¹)	85 ± 10	60–110
ΔHR _{end} (beats min ⁻¹)	60 ± 10	40–80
ΔHR _{start} (beats min ⁻¹)	100 ± 15	70–130
ΔHR _{mid} (beats min ⁻¹)	80 ± 10	50–110
ΔHR _{late} (beats min ⁻¹)	65 ± 10	40–90
ΔHR _{early} (beats min ⁻¹)	95 ± 10	60–120
ΔHR _{total} (beats min ⁻¹)	115 ± 15	80–140
ΔHR _{net} (beats min ⁻¹)	100 ± 10	70–130
ΔHR _{gross} (beats min ⁻¹)	120 ± 15	80–150
ΔHR _{gross} (beats min ⁻¹)	110 ± 10	70–140
ΔHR _{gross} (beats min ⁻¹)	100 ± 10	60–130
ΔHR _{gross} (beats min ⁻¹)	90 ± 10	50–120
ΔHR _{gross} (beats min ⁻¹)	80 ± 10	40–110
ΔHR _{gross} (beats min ⁻¹)	70 ± 10	30–100
ΔHR _{gross} (beats min ⁻¹)	60 ± 10	20–90
ΔHR _{gross} (beats min ⁻¹)	50 ± 10	10–80
ΔHR _{gross} (beats min ⁻¹)	40 ± 10	0–70
ΔHR _{gross} (beats min ⁻¹)	30 ± 10	0–60
ΔHR _{gross} (beats min ⁻¹)	20 ± 10	0–50
ΔHR _{gross} (beats min ⁻¹)	10 ± 10	0–40
ΔHR _{gross} (beats min ⁻¹)	0 ± 10	0–30

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Key: Yes, yes, No

• **James Watson**



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References

[illegible]

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Nora beats Gong Li Swank, Zhang Zhi

BY JEFF LABRECQUE
Nora Arnezeder's performance in the French film "The Artist" is a masterpiece of subtlety and grace. She plays a silent film star who falls for a struggling actor, and her performance is a tour de force of emotional range and technical skill. Arnezeder's work in "The Artist" is a testament to the power of silent film and the enduring appeal of classic cinema.



Libbing janitor to pass exams

By David W. Brown

It's a story that's been told many times over, but it's one that's worth telling again. A janitor who passes his exams and becomes a doctor.

The story is a classic underdog tale, one that has inspired generations of readers and viewers. It's a story of perseverance, of hard work, and of the power of the human spirit. It's a story that reminds us that anyone can achieve their dreams, no matter how unlikely the odds.

The story is a testament to the power of the human spirit, to the ability of the human mind to overcome adversity and achieve greatness. It's a story that reminds us that there is no limit to what we can achieve, as long as we have the determination and the will to succeed.

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By David W. Brown

GREENHILLS CINEMA

6-1-2

BRONX

3-0-6

WANG CINEMA

1-1

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WANG CINEMA

WANG CINEMA

1-1

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WANG CINEMA

POWER PLANT

1-1

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POWER PLANT

PG-13 **NOW SHOWING**

WAD KUKURAP, EYO NA AND THRILL NA TRIP

THE EYE

WAD KUKURAP, EYO NA AND THRILL NA TRIP

WAD KUKURAP, EYO NA AND THRILL NA TRIP

NOW SHOWING

Charlie

CHARLIE

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Gov't pushes LPG use in transport

Corporation

Gas-fed taxis start phasing major cities

By [Name]



1-hill rates up slightly
91-day record at 56.2%

By [Name]

PNB heading to push through on Friday

By [Name]

WHAT'S INSIDE

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climbs
22% in
1st half

With
N-series,
Nokia
gets 1st
rank
the bar



A Greek
tragedy

Built in
wood
pulp,
aircraft
can still
fly

BSP payout to gov't short by P2B, says COA




TABLE 1. *Continued*

**Gov't seen
to be on right
fiscal track**

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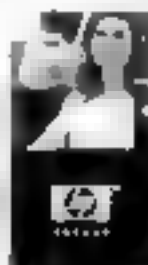
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Run	Time	Temp	Pressure	Flow	Detector	Sample
1	10.0	100	1.0	1.0	1.0	1.0
2	10.0	100	1.0	1.0	1.0	1.0
3	10.0	100	1.0	1.0	1.0	1.0
4	10.0	100	1.0	1.0	1.0	1.0
5	10.0	100	1.0	1.0	1.0	1.0
6	10.0	100	1.0	1.0	1.0	1.0
7	10.0	100	1.0	1.0	1.0	1.0
8	10.0	100	1.0	1.0	1.0	1.0
9	10.0	100	1.0	1.0	1.0	1.0
10	10.0	100	1.0	1.0	1.0	1.0

4. **අනුමැතිය** ලබා
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අවශ්‍ය වන පියවර

[illegible]

Tariffs on wood pulp, aerosol can ends cut

By Ronald W. Chittenden

WASHINGTON, March 28 (UPI) — The U.S. Trade Representative today announced that the United States will cut tariffs on imports of wood pulp and aerosol can ends. The move is part of a trade agreement with the European Community. The U.S. will reduce the tariff on wood pulp from 10 percent to 5 percent. The tariff on aerosol can ends will be eliminated. The U.S. will also reduce the tariff on imports of certain types of steel wire from 10 percent to 5 percent. The U.S. will also reduce the tariff on imports of certain types of steel wire from 10 percent to 5 percent.

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Trans-Asia group bags service contract

By Ronald W. Chittenden

MANILA, March 28 (UPI) — A group of Trans-Asia Airways Inc. pilots and flight attendants today announced they had won a three-year contract with the airline. The group, which includes pilots and flight attendants, won the contract after a long and bitter struggle. The contract includes provisions for salary increases, improved benefits, and a reduction in working hours. The group's victory is a significant win for the airline industry in the Philippines.



The Trans-Asia Airways group.

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EXERCISE OF THE WEEK

Oblique crunch on mini ball



THIS exercise tones and strengthens the oblique and rectus abdominis muscles. This contraction, the twist,

strengthens the core and neck area.

Equipment: One mini ball and a flat surface.

1. Lie on your back with your knees bent and feet flat on the ball.

2. Lift your head and shoulders off the ground.

3. Twist your torso to the right.

4. Hold for 10 seconds.

5. Repeat on the left side.

6. Repeat on the right side.

7. Repeat on the left side.

8. Repeat on the right side.

9. Repeat on the left side.

10. Repeat on the right side.

How 'Mars' and 'Venus' get fit

By Kim

Men and women have different ways of looking at fitness. Men are more likely to focus on the physical aspects of fitness, while women are more likely to focus on the emotional aspects of fitness.

Men's perspective: Men are more likely to focus on the physical aspects of fitness, such as strength and endurance.

Women's perspective: Women are more likely to focus on the emotional aspects of fitness, such as stress management and self-esteem.

Men's goals: Men are more likely to set goals based on physical performance, such as running a mile in 10 minutes.

Women's goals: Women are more likely to set goals based on emotional well-being, such as feeling more confident.

Men's motivation: Men are more likely to be motivated by physical challenges and competition.

Women's motivation: Women are more likely to be motivated by social support and personal achievement.

Men's habits: Men are more likely to have regular exercise routines.

Women's habits: Women are more likely to exercise sporadically.

Men's preferences: Men are more likely to prefer high-intensity workouts.

Women's preferences: Women are more likely to prefer low-impact workouts.

Men's attitudes: Men are more likely to view exercise as a necessary part of life.

Women's attitudes: Women are more likely to view exercise as a fun activity.

Men's beliefs: Men are more likely to believe that exercise is good for health.

Women's beliefs: Women are more likely to believe that exercise is good for the mind.

Men's fears: Men are more likely to fear that exercise is too hard.

Women's fears: Women are more likely to fear that exercise is too boring.

Men's dreams: Men are more likely to dream of becoming athletes.

Women's dreams: Women are more likely to dream of becoming fitness instructors.

Will you stop?

By Kim



One of the most common reasons why people stop exercising is that they don't have enough time.

Reasons people stop exercising: Lack of time, lack of motivation, lack of equipment, lack of knowledge.

How to overcome these reasons: Find time, find motivation, find equipment, find knowledge.

Benefits of exercising: Improved health, increased energy, better mood, weight loss.

How to get started: Start small, set goals, find a partner, find a routine.

Common mistakes: Not warming up, not stretching, not drinking water.

How to avoid mistakes: Warm up properly, stretch properly, drink water.

How to stay motivated: Set goals, track progress, reward yourself.

How to find time: Schedule exercise into your daily routine.

How to find motivation: Find a reason to exercise, such as improving health.

How to find equipment: Use what you have, or borrow equipment.

How to find knowledge: Read books, watch videos, take classes.

How to find a partner: Ask friends, join a gym, find a coach.

How to find a routine: Create a schedule, stick to it.

How to warm up: Do light cardio, stretch.

How to stretch: Hold stretches for 30 seconds.

How to drink water: Drink at least 8 glasses a day.

How to set goals: Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).

How to track progress: Use a journal, a pedometer, a fitness tracker.

How to reward yourself: Treat yourself to something nice.

How to avoid burnout: Take breaks, vary your routine.

How to find a coach: Hire a personal trainer.

How to find a gym: Look for a gym that has the equipment you need.

How to find a class: Look for a class that interests you.

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How to find a gym: Look for a gym that has the equipment you need.

How to find a class: Look for a class that interests you.

How to find a partner: Ask friends, join a gym.

How to find a routine: Create a schedule, stick to it.

How to warm up: Do light cardio, stretch.

How to stretch: Hold stretches for 30 seconds.

How to drink water: Drink at least 8 glasses a day.

How to set goals: Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).

Marathon rekindles Davagaña's passion

By Kim

THE EXHAUSTING day of the 26.2-mile marathon rekindled Davagaña's passion for running.

She finished the race with a time of 4:15:30, a personal best for her.

Davagaña, 35, is a professional triathlete and has been running for over 10 years. She has completed several marathons and is now training for the Boston Marathon.

How it happened: Davagaña decided to run the marathon to raise money for a charity.

She trained for the marathon for 12 weeks, running 30 miles a week. She also did cross-training, including swimming and cycling.

How it felt: Davagaña felt exhausted but happy when she finished the race.

She said that running the marathon was a challenge, but it was also a rewarding experience. She enjoyed the support of her friends and family.



High achiever Davagaña, center, with friends after the marathon.

Breakfast buffet

Several restaurants in the area are offering breakfast buffets to celebrate the New Year.

Where to go: Look for breakfast buffets at local restaurants.

Some restaurants are offering breakfast buffets for \$5.99, while others are offering them for \$7.99.

Look for breakfast buffets at local restaurants, such as Denny's, IHOP, and Pancake House.